

# LAURELHURST

COMMUNITY CENTER

Mailing Address: 6344 NE 74th St., Suite 105 Seattle, WA 98115 (206) 684-7529

Visit us online at www.seattle.gov/parks

#### **HOURS OF OPERATION**

Laurelhurst Community Center closed for renovation for 2006. Assistant Recreation Coordinator can be reached at 684-7529.

#### LAURELHURST GYMNASIUM

4533 47th Ave. NE 206-684-7531 Monday-Friday 4:00-9:00 pm Saturdays 10:00-5:00 pm starts September 9 Closed Sundays

#### **HOLIDAY CLOSURES**

Labor DaySeptember 4Veterans' DayNovember 10ThanksgivingNovember 23-24ChristmasDecember 25New Years DayJanuary 1

#### **REGISTRATION DATES**

FALL QUARTER: September 4-December 31 August 14:

Online, mail, or drop off registration begins for classes only (Not youth sports)

#### September 16:

Drop off registration at Laurelhurst Gym begins for Instructional Basketball (Ages 6 & 7)

#### October 7:

Drop off registration at Laurelhurst Gym begins for Basketball (cub and citywide)

### **PROFESSIONAL STAFF**

Ken Bounds – Superintendent Christopher Williams – Operations Director Maureen A. O'Neill – North Recreation Mgr. Dena Schuler – Rec Center Coordinator Katie Russell – Teen Development Leader James Hubbard Jr. – Recreation Attendant (Gym)

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## You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the third Thursday of every month at 7:00 pm) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 684-7529.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

# The Pro Parks Levy is making a difference in your community

With the funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innnovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quite contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

# FOR YOUR INFORMATION

## Registration Procedures

#### Mail-In/Internet Registration

Registration is fast and easy! Sign up now for your favorite classes by going on-line or filling out and mailing in the handy registration form on the back page of this program. Registration will be taken until classes are full. All mail-in registrants will be processed in the order received. Mail-in registration is done by lottery selection and class enrollment is limited. Please note your first and second class selections on your registration forms to facilitate processing should your first class selection be filled. No class confirmation notices will be sent. Registrants WILL ONLY be notified by phone in the event that a class is cancelled or at capacity. Mail-in/Internet registration begins **August 14** for Fall quarter. Mail-in registration received prior to this date will be processed after the first day of mail-in registration. Please note sports with special registration dates. Due to the staff reduction it is best to register online. See box below.

Easier registration online for most community center classes! Check out our web site for class information at <a href="www.seattle.gov/parks">www.seattle.gov/parks</a>. You must have a barcode and pin number before you register. Go online at least one week before you register in order to get one.

All advertised adult drop-in programs will be charged the following fees: Adult Sports 18-64: \$2 per session Senior Adults 65+: \$1.00 per session

### EASY REFERENCE PHONE NUMBERS

Parks and Recreation Info Line (206) 684-4075
Ballard Community Center
Ballard Swimming Pool
Bryant Elementary School       (206)       252-5200         Eckstein Middle School       (206)       252-5010         Viewridge Elementary School       (206)       252-5600         Laurelhurst Elementary School       (206)       252-5400

#### **Dear Laurelhurst Dog Owners**

Please make sure your dogs are always on a leash when enjoying the park, and please remember that no dogs are allowed in play areas or athletic fields at any time. This is for the safety of all parks users, as well as your pets. Thank you very much for your cooperation.

## Laurelhurst Community Center Renovation

Laurelhurst Community Center is closed for renovation through December 2006. The expansion project will include upgrades to the existing building as well as an additional two-story building connected to the west side of the current building. Park amenities such as the playground, tennis courts, and playfields will remain open to the public.

We're looking forward to the development of our new facility. The project's goal is to improve and expand Laurelhurst Community Center, and provide us with an enhanced space design to better serve our community, now and for years to come. The improved facility will include a new multipurpose room and kitchen, restroom facilities on the upper level, a large reception area with an open lobby, a fireplace social room, improved office space and pottery room and an activity room. Regularly-updated information about this project, including building and site plans, can be found online at: http://www.seattle.gov/parks/proparks/projects/laurelhurst.htm.

During Fall quarter Youth Classes and Adult Fitness programs will be relocated to the Laurelhurst Elementary School gym and Magnuson Brig Building #406 during the renovation. Our operation of the Laurelhurst School gym will continue. There will be a staff person present to answer questions/provide information. The gym operation hours during the community center closure are Monday through Friday, 4:00 p.m.-9:00 p.m. and Saturdays 10:00 a.m.-5:00 p.m. beginning September 9th.

The coordinator will be temporarily located to the Magnuson Brig, building #406 during construction and can be reached at 684-7529. The Magnuson Brig building #406 is located at 6344 NE 74th St. You will be able to register for classes by mail at the Laurelhurst Community Center address on the back page and on-line at <a href="https://www.Seattle.gov/parks">www.Seattle.gov/parks</a>.

# SPECIAL EVENTS







Join Us for Some Holiday Fun!

# The Christmas Ship

Wednesday, December 20 8:55-9:15 p.m. at Magnuson Beach

Gather your friends, enjoy the bonfire, free refreshments, hear the choir and see the Christmas ship at Magnuson Beach.

# TOTS & TODDLERS

### **Toddler Tunes**

(Ages 15 months to 3 years with adult caregiver)

6 weeks \$70

September 19 - October 24

Tuesdays 10:00-10:45 am

(No class on November 8)

Come sing, dance and play games and instruments to classic folk tunes and rhymes. We shall go round and round the village with hoops as well as dance scarves. We shall sing simple songs and echo simple rhythms that will support your child's education in music and language! Song sheets and information are on music activities to do at home are included.

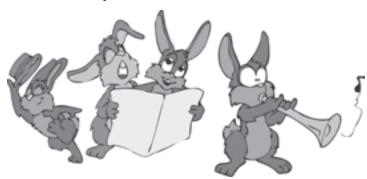
Instructor Cindy Rothwell is a certified early childhood music instructor who has been teaching young children for over fifteen years.

Min: 8/Max: 12

Classes held in the "Belvedere Terrace Room" at the

Magnuson Brig. Building #406

Come sing,
dance and
play games!



# Toddler Play Zone

## **Art and Playgroup**

(Plus parent/caregiver)

Age 2 & 3:

12 weeks Fee:\$145

September 18 - December 11

Mondays 9:30 - 11:30 am

(No Class on November 27 for Monday Class)

Age 1 to 21/4:

12 weeks Fee: \$145

September 20 - December 13

Wednesdays 9:30 - 11:30 am

(No Class on November 22 for Wednesday Class)

The focus of this popular class will be interactive play and exploration of varied art mediums. The class includes circle time, stories, music, indoor and outdoor play, snack time, and art projects such as: paint, clay, collage, and much more! This early experience in a group setting assists the child in developing simple social skills. It is a parent-participation class. Parents can enroll their child in all classes.

Instructor: Pam Weimer

Parents/caregivers also help with clean-up and take turns providing snacks. Minimum: 9/ Maximum: 13.

Classes held in the "Matthews Beach Room" at the Magnuson Brig. Building #406



Don't miss this opportunity to help your child develop important socializing skills!

# YOUTH CLASSES

\$63

# Youth Dance



Ages 5-8

9 weeks

September 28 - December 14

Thursday 5:30-6:15 pm (No class October 12, November 23. The instructor will announce an additional day of TBD.)

For the more serious dance student, this class begins with a proper warm-up, emphasizing posture, proper alignment, flexibility, coordination and balance. Large traveling steps, turns, and jumps are included, while creativity is encouraged. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and ballet slippers (leather or leather-like slippers work better than satin type materials) and have hair secured.

Instructor: Christina Anderson.

Minimum 5/Maximum 10.

Class will be held at Laurelhurst Elementary School Gym

### **Creative Dance**

Age 3-5

9 weeks \$45

September 28 - December 14

Thursdays 5:00-5:30 pm

(No class October 12, November 23. The instructor will announce an additional day of TBD.)

This class introduces the concepts of speed, shape, and rhythm in a fun and energetic environment. Self-expression and creativity are encouraged. Flexibility, balance, and coordination emphasized and practiced throughout the class. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and have hair secured; ballet slippers are optional (leather or leather-like slippers work better than satin type materials).

Instructor: Christina Anderson Minimum 5/Maximum 10

Class will be held at Laurelhurst Elementary School Gym

DANCE IS AN EXCELLENT WAY FOR CHILDREN TO EXPRESS THEMSELVES

# Music For Kids



## Flute/Recorder Instruction

Age 7 and up

10 weeks \$140

September 19 - November 28

Tuesdays 1:00-7:00 pm

(No class October 31)

Private instruction. Enjoy the wonderful world of flute and recorder music. We'll work on tone development, finger position, posture, breathing and reading. This class will help the student develop their musical potential on the flute or recorder. Flutist Trudy Sussman Antolin will teach ten half-hour lessons. Please call to schedule your regular time slot. Younger students may register but only with permission from instructor.

## **Saxophone Instruction**

Age 7 and up

10 weeks \$140

September 19 - November 28

Tuesdays 1:00-7:00 pm

(No class October 31)

Private instruction. The saxophone is a popular instrument in jazz. It has an expressive voice and is enjoyable to listen to when played correctly. Students will focus on the fundamentals of tone production and reading music. Instructor Bob Antolin will give one half-hour lesson per week. Please call to schedule your regular time slot.

## Piano Lessons

Age 7 and up

10 weeks \$140

September 19 - November 28

Tuesdays 1:00-7:00 pm

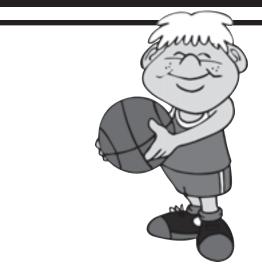
(No class October 31)

Explore classical and contemporary music, and music theory as you learn to play the piano. Students of all levels will receive one personalized half-hour lesson per week. Space is limited. Please call to schedule your regular time slot. Younger students may register but only with permission from instructor.

Instructor: Trudy Antolin

All classes held in the "Laurelhurst Room" at the Magnuson Brig Building #406

# YOUTH SPORTS AND FITNESS



# Lil' Tikes Starter Sports Series

The lil' boy/girl in the family will have the opportunity to learn the basic fundamental skills to get him/her started on their budding sports interests.

### Tikes Basketball

Ages 4-5

5 weeks \$30

Session 1:

September 21 - October 19

Thursdays 4:00-4:45 pm

(No class September 20)

## Lil Tikes Soccer

Ages 4-5

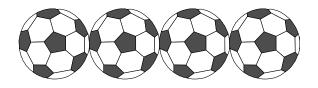
5 weeks \$30

Session 1:

Mondays 4:00-4:45 pm

September 18 - October 16

All classes held at Laurelhurst Elementary School Gym







### **Indoor Nerf Soccer**

Ages 5-6

7 weeks \$35

Practices: September 11-November 3
Games: September 22-November 3

#### **IMPORTANT:**

Please pick up special sports registration forms @ Laurelhurst Elementary School gym Monday-Friday, 4:00-9:00 pm and Saturdays beginning September 9, 10:00 am-5:00 pm

Nerf soccer is a modified soccer game played in the gym with a soft nerf ball. This recreational and instructional program for boys and girls emphasizes fundamental soccer skills, participation, team work and fun. Games are held on Fridays. Fee includes team t-shirt. Please contact us well before registration begins if your are interested in coaching.

# Volunteer coaches are needed!



# **YOUTH SPORTS AND FITNESS**



# Martial Arts

A fun, safe, and effective way to develop your child's character, mind, and body!

## Little Dragons Karate

Ages 4-6

8 weeks \$50

September 12 - October 24

Tuesdays 4:00-4:30 pm

Little Dragons Karate focuses on improving preschoolage children basic motor and listening skills. Your child will learn how to work with others and follow directions. This class will enhance positive development in a fun and motivating way while preparing your child for the Kids Karate class. A uniform is required and may be purchased through the instructor.

Students may register for both days.

Instructor: Rosario Sotero (certified under Chris Herrman)

Minimum: 10/Maximum: 20.

Classes held at Laurelhurst Elementary School gym

## Kids Karate- Beginning

Ages 6½-12

8 weeks \$50

September 12 - October 24 Tuesdays

sdays 4:45-5:15 pm

Kids Karate is a fun, safe, and effective way to develop your child's character, mind, and body. Well-planned drills and games are incorporated for exciting classes which develop reflexes, coordination, strength, flexibility, self-discipline and self control. Your child's confidence and concentration will improve which results in improvements in school and at home. A uniform is required and may be purchased through the instructor.

Students may register for both days.

Instructor: Rosario Sotero (certified under Chris Herrman)

Minimum: 10/Maximum: 20

Classes held at Laurelhurst Elementary School gym

### **Youth Tennis**

4 weeks \$75

September 12 - October 5

**Beg/Advanced Beg:** 

Age 7-11

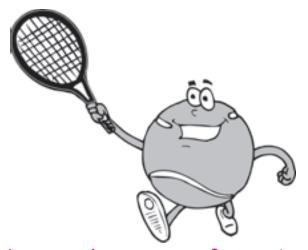
Tuesdays/Thursdays 4:00-5:00 pm

Int/Advanced:
Age 10 & up

Tuesdays/Thursdays 5:00-6:00 pm

This program is for young people who want to enjoy tennis by challenging themselves to achieve their own level of mastery. The key to learning will be FUN drills and games and a praising environment to thrive in

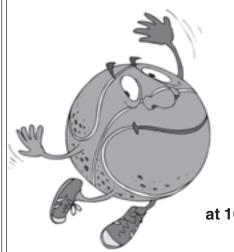
Instructor: Mark Bosley
Minimum: 5/Maximum: 10.



Learn the game of tennis with FUN drills and games!

# YOUTH SPORTS AND FITNESS

# **Above The Rim Basketball**



### **Cub Basketball**

Boys & Girls Teams: ages 8 & 9

### Youth Basketball

**Boys Teams:** ages 10, 11, 12, 13, 14, 15, 16-17 **Girls Teams:** ages 10, 11, 12, 13, 14-17

Registration begins Saturday, October 7th at 10 a.m. at the Laurelhurst Elementary School Gym. Cost is \$65

Come and register your child for basketball and get all your questions answered. Registration forms are available beginning September 25th at the Laurelhurst Gym. Registration depends on space availability. Practices will begin in mid to late November or early December with games to start in early January.

## **Instructional Basketball**

Ages 6 and 7 Cost: \$55 6 weeks

Registration begins Saturday, October 7th
at 10:00 a.m. at the Laurelhurst Elementary School Gym

Monday	4:00 – 5:00 pm	Nov 6 - Dec 11	6 weeks
Tuesday	4:00 – 5:00 pm	Nov 7 - Dec 12	6 weeks
Wednesday	4:00 – 5:00 pm	Nov 8 - Dec 13	6 weeks
Thursday	4:00 – 5:00 pm	Nov 2 - Dec 14	6 weeks
(No class Nov.	23)		

Each class will have combined boys and girls and combined ages 6 and 7. The emphasis of the program will be on learning basketball fundamentals such as dribbling, shooting and passing. Classes are **one day a week** with scrimmages scheduled the last **two weeks during practice**. Registration forms are available beginning September 25th at the Laurelhurst Gym.

T-shirt included. Maximum: 20 per class

**Please note:** Magnuson Community Center will be offering the same type of program. If interested, please contact them at 684-7026.

# Volunteer Coaches are Needed!!

# TEEN PROGRAMS

Laurelhurst AND Magnuson Community Centers' Teen Program, is a year round program designed to give middle school and high school youth opportunities to participate in a variety of recreational, social as well as educational activities. Numerous community service possibilities are also available. So, check us out! We'll play sports and games, have barbecues and make some fabulous food, watch videos, take hikes, create art, participate in some great special events and take some awesome field trips. Opportunities are limitless! For information phone (206) 684-7588

# THE BRIG at Magnuson FALL DROP-IN HOURS

foosball, pool, ping pong, movies, x-box darts, music, snacks

Tuesday and Wednesday (Times TBA)

### **GYM ACTIVITIES**



Mondays

7:00-9:00 pm

September 11- October 30th

TEEN FREE SHOOT- MAGNUSON (ages 12-18)

Tue, Wed, Thu

2:30 pm-4:00 pm

September 5-November 9

(8 weeks)

Saturdays

12:00 pm-2:00 pm

September 9-December 30

(13 weeks)

No gym between 9/18-9/29 & 10/29, 11/19

Location: Magnuson Gym

TEEN RACQUETBALL

(ages 12-18)

ruesday

2:30 pm-5:00 pm

September 5-December 26

No racquetball between 9/19, 9/26

Location: Magnuson C.C./Gym COURT

Space is limited – best to make reservation 684-7026.

# VOLUNTEER! TEENS-IN-ACTION

#### **SERVICE LEARNING at Laurelhurst**

Gets your required high school service learning hours with us! Call us, and we'll put you to work! Several volunteer options are available. Help with special events and activities, community center staffing, outside work parties in the park, or be a coach for nerf soccer, basketball or t-ball! Set up an appointment with the Teen Leader; map out a master plan together for completing your service. Call 684-7529 or 684-7026 today...get started early!

#### TEEN ADVISORY COUNCIL

Want to take an active role in the development of programming for teens? Have your voice heard by becoming a member of Magnuson/Laurelhurst Teen Advisory Council. Make decisions on field trips, events, classes, and policies. Interested? Call 684-7588.

## SPECIAL EVENTS

# THE HAUNTED HANGAR FLASHLIGHT CANDY HUNT

Friday, October 27 ~ 7:30 pm Hangar 30 at Magnuson Park

Bring a flashlight and candy bag! Music & treats to eat before the hunt. Search for lots of candy in a very big and creepy, dark hangar! Watch out...there may be ghosts. Boo! For middle school participants. High school students encouraged to volunteer, earn Service Learning Hours, have fun and get treats. **Free!** 

# "TURKEY SHOOT" 3 ON 3 BASKETBALLTOURNAMENT

(for middle school and high school)
Boys and Girls Teams – \$10.00 per team
Saturday 12:00pm start time
November 18 (1 day)

Location: Magnuson C.C./Gym

**Register:** Magnuson C.C./Teen Program or Laurelhurst Gym Enter our "Turkey Shoot" 3 on 3 Tournament in teams of three to four players; prizes for the winning teams including turkeys for the players of each age division's top team! Registrations due by 11/15. No guarantees for entry of teams who do not pre-register. Pick up registration forms at Laurelhurst or Magnuson Community Center. **Free food, too!** 





December 30 3:00 pm - 9:00 pm Magnuson CC Auditorium

Come to Magnuson's Grand Auditorium and enjoy teen rappers and teen rock bands alternate in a music extravaganza! Rappers, rock groups and will fill the bill. Concessions available. Interested bands, please contact Magnuson Community Center at 684-7026.

# Community Service/Service Learning @ Laurelhurst Community Center

Need To Get Your Required Hours Done?!

Get your required high school or middle school hours done with us! Help us out with activities, special events, outside work parties, teaching Tikes sport classes or help coach a sport.

Call 684-7529

# **ADULT ACTIVITIES**



## Flute/Recorder Instruction

10 weeks \$140

September 19 - November 28

**Tuesdays** 1:00-7:00 pm

(No class October 31)

Private instruction. Flutist Trudy Sussman Antolin will teach half-hour lessons. Times arranged with instructor.

## Saxophone Instruction

10 weeks \$140

September 19 - November 28

Davs & Times: TBA

Private instruction. Instructor Bob Antolin will give halfhour lessons. Times arranged with instructor.

#### Piano Lessons

10 weeks \$140

September 19 - November 28 Tuesdays 2:00-5:30 pm

(No class October 31)

Explore classical and contemporary music, and music theory as you learn to play the piano. Students of all levels will receive personalized half-hour

lessons. Space is limited.

Instructor: Trudy Sussman Antolin

All music classes held in the "Laurelhurst" room at the Magnuson

Brig. Building #406



## **Intermediate Bridge**

\$45 7 weeks

September 21 - November 2

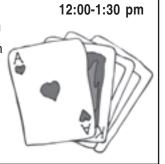
**Thursdays** Free play from 1:30-2:15 pm

This class is for players with

some playing experience. Instructor: Chris Purpus

Classes held in the "Hawthorne Hills Room" at

the Magnuson Brig. Building #406



## **Adult Volleyball**

Adult Intermediate/Advanced Volleyball League play is offered in the Fall and Spring. Games are played on Wednesdays at 7:30 pm at Laurelhurst Elementary School Gym. Fall league games begin September 13 and run until early November. A \$100 nonrefundable deposit is due by August 29, in order to hold a place for your team. The total league fee runs about \$255 depending on the number of teams.



## **Adult Tennis**

4 Weeks \$100

Tuesdays/Thursdays September 12 - October 5

Beg/Adv. Beg. 6:00-7:00 pm

Int/Adv 7:00-8:00 pm

In these one hour lessons we'll improve your all around court game through fun drills and situations. The beginning/advanced beginning class will emphasize stroke fundamentals: forehand, backhand, volley, serve, lob and overhead. In the intermediate/advanced class we will deepen your game with shot selection, transition skills (e.g. approaching net after serve, lateral volley coverage) and game strategies.

Instructor: Mark Boslev Minimum: 4/Maximum: 8



# **ADULT FITNESS**

## Pilates Method: To The Core For More\*

12 classes \$75 September 19 - December 12

Tuesdays

9:15-10:15 am

(No class on October 10)

The perfect companion to aerobic & flexibility fitness programs, the Pilates Method matwork will help you develop core muscle stability and strength. Bring water to drink and wear loose but not baggy clothing. Exercises are done without shoes. Instructor, Barbara Dick, is trained & certified to teach a variety of fitness and movement methods.

\* This class is for students who have taken Pilates matwork before and know the names and how to perform the exercises. Rather than receive basic instruction students will refine their technique.

Instructor: Barbara Dick. Minimum: 7 / Maximum: 18 Classes held in the "Matthews Beach" Room at the Magnuson Brig. Building #406

Do Your Body a Favor Sign Up for a Fitness
Class. It's Fun and It's
Healthy!

# AM Aerobics and Conditioning

38 classes \$228

September 11 - December 11

Mon/Wed/Friday 7:35-8:35 am

(No class November 10 & 24)

Instructor Liz Valauri leads a fun, energizing and centering class. You can participate at your own level of intensity. The class consists of a warm-up, aerobic combinations, strengthening, stretching and relaxation. Good alignment and body mechanics are stressed. Liz is an ACE certified instructor and is also a certified Laban/Bartenieff Movement Analyst.

Location: Laurelhurst Elementary School Gym.

Minimum: 12

## Stretch, Strengthen & Lengthen

12 classes \$75 September 19 - December 12

Tuesdays

8:00-9:00 am

(No class on October 10)

Come and move your body from head to toe. We'll focus on strengthening via body weight resistance and rubber stretch bands, maintaining normal range of motion with gentle stretching and lengthening the body through techniques borrowed from the Pilates Method. Balance work and coordination activities are also included. Bring a water bottle and comfortable clothing.

Instructor: Barbara Dick. Minimum: 7/Maximum 15

Classes held in the "Matthews Beach" Room at the Magnuson Brig. Building #406



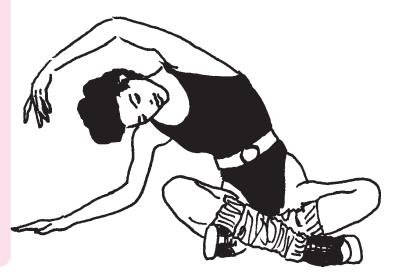
September 14 - November 2 Thursdays

7:30-9:00 pm

#### **Drop-In Sports Fee:**

This fee is applicable to all scheduled drop-in sports programs for adults during operational and non-operation hours at community centers. The adopted fees are as follows:

Adults 18-64: \$2 per session Senior Adults 65+: \$1 per session



# SENIOR FITNESS & ACTIVITIES

# **Senior Adult Programs Registration Information**

Jayla McGill, Recreation Specialist 206-386-9106 E-mail: jayla.mcgill@seattle.gov

#### Class Registrations Begin September 18.

Class dates/times are subject to change.

#### **All Class Payments:**

Please make checks payable to: Senior Adult Advisory Council ('SAAC').

#### Mail to:

Senior Adult Programs, Attn: Jayla NE, 8061 Densmore Ave N, Seattle. WA 98103-4436.



# **Senior Adult Field Trips**

Affordable day outings to local travel destinations offered weekly by Senior Adult Programs, with van departures from Seattle Parks North East Community Centers.

Call Jayla for trip information at **206-386-9106** 



Join in and enjoy the health-giving benefits of staying active.

## Senior Yoga

11 weeks \$25/1 day a week

October 3 - December 12 Tuesdavs

(No class November 8)

Learn to relax your body, free your mind, and deepen your spirit. This class will focus on gentle stretching to keep you limber and build muscles. All skill and fitness levels welcome.

Instructor: Judith Robin

Location: Magnuson Community Center, Activities Bldg.

#406, 6344 NE 74th St., Viewridge Room

## Senior Aerobics

\$20/1-day a week October 5 - December 14 Thursdays

9:00-10:00 am

10:15-11:15 am

(No class November 23)

This low-impact aerobics class is adapted especially for senior women and men, and is taught by certified instructors. Join in and enjoy the health-giving benefits of staying active. Feel better with upbeat fitness!

Instructor: Jane Shearer

Location: Ravenna-Eckstein Community Center gymnasium, 6535 Ravenna Ave. NE

# **BASIC INFORMATION**



#### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

#### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at <a href="https://www.seattle.gov/parks">www.seattle.gov/parks</a>. You can find this brochure information online. Call 684-7529 at least one week before you register in order to get a barcode and pin number.

#### Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

#### Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

#### **Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

#### Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

#### More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at <a href="https://www.seattle.gov/parks">www.seattle.gov/parks</a>, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

#### **Payment**

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

#### Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

#### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- If a participant drops a class for which he or she is registered prior to the second session of a series, the course fee will be refunded less \$5 or 10% of the fee (whichever is greater). If a participant drops a class for which he or she is registered after the second session of a series, the course fee will not be refunded.

#### **Scholarships**

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

#### Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

#### **Class cancellations**

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

#### **Confirmations**

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

#### Fall Fun Puzzler



 P E H J T C N F A E A N B T H

 S U O A O S O R I Z M T A A N

 O A M R L O E P L U Y H C E B

 C R N P T L N V T G A S K R Q

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 E N R E T N A L O K C A J G P

 E M U T S O C Y E L L O W I R



APPLES
AUTUMN
BACKTOSCHOOL
CANDY
CORN
COSTUME

FOOTBALL
GAMES
HALLOWEEN
HARVEST
HAUNTEDHOUSE
JACKOLANTERN

PUMPKINCARVING UMPKINPIE SOCCER SPOOKY TRICKORTREAT TURKEY

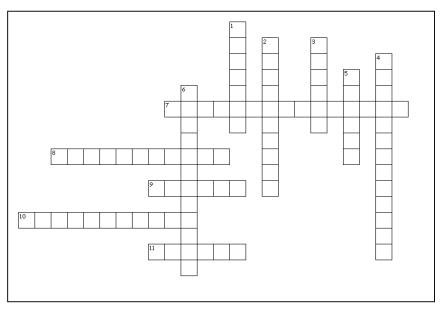
#### **Teen Trivia Challenge**

Teens: complete the puzzle and call 684-7588 and receive a prize!



#### Down

- 1. Where can teens go to play foosball, pool and ping pong at Magnuson Park?
- 2. What event this November is 3 on 3?
- 3. What day of the week can teens come to free shoot at the Laurelhurst Gym.
- 4. What spooky teen special event is happening this fall?
- 5. What sport uses the term add out?
- 6. What park overlooking union bay is the closest park to Laurelhurst *CC*?



#### Across

- 7. Another work for volunteerism?
- 8. Which community center offers late night activities?
- 9. What is it called when you bowl 3 strikes?
- 10. Who is Laurelhurst's new Teen Leader?
- 11. What international sport celebrates the World Cup?

#### SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp and NON-Youth Sports League only. Please ask recreation staff for these registration forms as needed.

#### **Registration Procedures:**

- 1. Please complete registration form entirely. 2. Payment MUST accompany registration.
- 3. Mail completed form to Laurelhurst Community Center, 6344 NE 74th St., Suite 105,

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188		City:	5	itate:	ZIP:		
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ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s). Signed:

Laurelhurst Community Center 6344 NE 74th St. Suite 105 Seattle WA 98115 K1663

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Authorization (Ref#)

**ECRWSS Postal Customer**